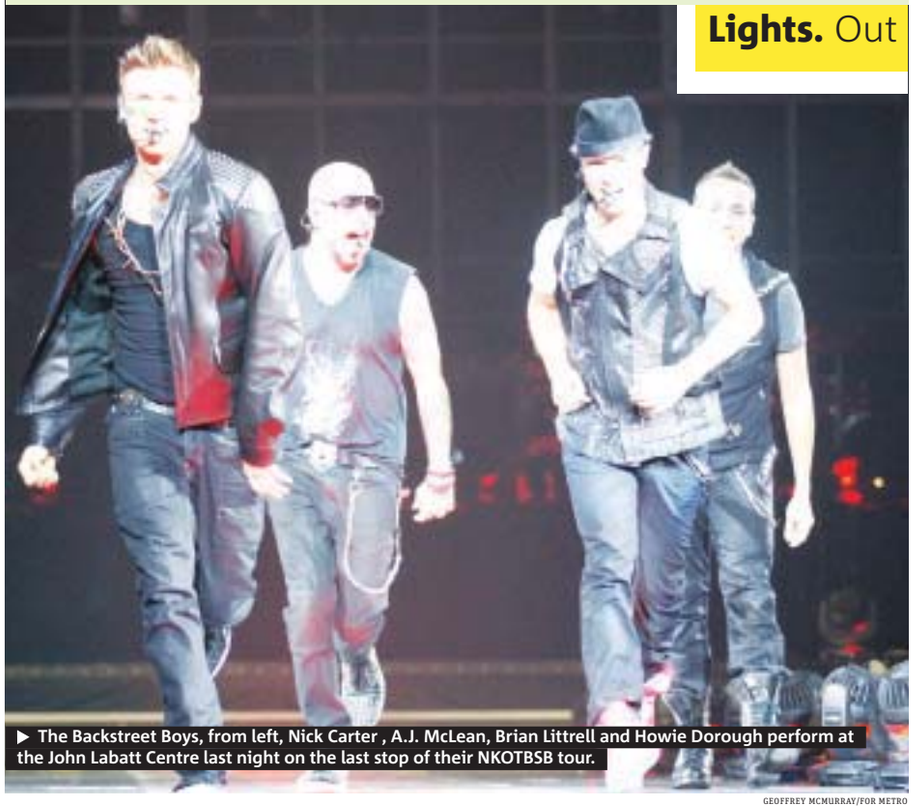
PARENTAL PROFANITY
AUTHOR EXPLAINS HIS CHILDREN'S BOOK FOR ADULTS {page 8}

PINNED DOWN
CLOONEY'S NEW FLAME IS AN EX-WRESTLER
{page 7}

LONDON metro®
Monday, August 8, 2011
www.metronews.ca
News worth sharing.

Lights. Out



▶ The Backstreet Boys, from left, Nick Carter , A.J. McLean, Brian Littrell and Howie Dorough perform at the John Labatt Centre last night on the last stop of their NKOTBSB tour.

GEOFFREY MCMURRAY/FOR METRO

United Boys and Kids bring tour to close

An estimated 6,500 fans — mostly female — attended the show last night, which was co-headlined by the New Kids on the Block. The performers' summer tour fed the nostalgia of women across North America as they belted out their hit singles from the 1980s through to the early 2000s. Together, the boy bands released a hit summer single, Don't Turn Out the Lights, also under the name NKOTBSB.

London gussies up for critics

Communities in Bloom judges' itinerary includes Graham EcoPark, Enviro Depot

Londoners, prune your roses.

Communities in Bloom judges will be in town today through Wednesday, tiptoeing through the tulips and poking their noses into some of the coolest things London has to offer.

This marks the sixth year London has participated in the competition that hands out honours — called blooms — to cities with top-notch approaches to everything from staying tidy to promoting forestry.

"We do it for the betterment of the quality of life in London," said co-ordinator Susan McElroy of Celebrate London, the group overseeing the city's entry. "The fact that we are able to … be part of this national competition is a bonus."

London is competing against cities nationwide with more than 300,000 people. It's claimed bushels of blooms over the years — including being named best in Ontario in 2007 and placing second at the national level in 2008 and 2009.

While the contest name brings flowers to mind, Communities in Bloom is about much more than gardens, said Jim Graham, chairman of Celebrate London.

"It's not really about being judged," said Graham, owner of TRY Recycling. "It's about showing off ideas." ANGELA MULLINS

About the judges

- Gaétan Deschênes, a Radio-Canada journalist, has published eight books on horticulture.
- Jim Baird, a retired municipal planning and development director, has worked in Nova Scotia, New Brunswick and P.E.I.

1 news

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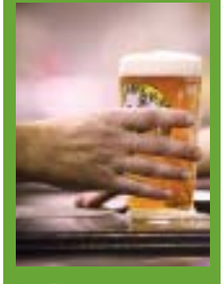

Refine your palate with a beginner's guide to beer tasting. Video at metronews.ca

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Charity. Pub

▶ Andrea Ryan, left, sells a necklace to Kristen Stasiuk, 34, of London during a charity pub at the Honest Lawyer yesterday.

ANGELA MULLINS/FOR METRO

Team Betty raises funds ahead of NKOTBSB concert

The fundraiser was organized by members of Team Betty Canada, who are participating in the Canadian Breast Cancer Foundation's Run for the Cure on Oct. 2 in cities across Canada. Team Betty was formed in memory of Betty Wood, who died of breast cancer. Her son, Danny Wood, is a member of New Kids On The Block. Many of the people at yesterday's fundraiser had tickets to see NKOTBSB perform that night at the John Labatt Centre. Organizers of the fundraiser expect to know how much was raised by today. The goal was $1,000.

Car Free Fest revs up

Expect more hands-on activities at next event ◐ Organizers say crowds are growing ◐ Dundas to be closed from Wellington to Talbot again in September

ANGELA MULLINS
LONDON@METRONEWS.CA

Two down. One to go.

That's the way Ryan Craven's looking at this year's Car Free Fest. Oh, yeah, and he wants the final hurrah Sept. 17-18 to be bigger and better.

To make that happen, Craven, organizer of the Dundas Street parties, is learning from past events and plans to give people more of what they really took to Saturday and at the first fest in June.

"People like opportunities to participate instead of just observe," Craven said.

That means people can expect to see more hands-on activities, like the bicycle-powered smoothie station that Craven said was a hit on Saturday.

He's working out the details of a scavenger hunt through heritage buildings for September, something that will help tie the festival to Doors Open London, being held the same weekend. And there's expected to be plenty of music on multiple stages, thanks to a partnership with the Open House Arts Collective, a music and arts group geared toward teens and people in their 20s.

The Car Free Festivals, which sprung from last year's Car Free Sundays, are growing, Craven said.

No one keeps a firm attendance count, but Craven estimates a combined 15,000 people have checked out this year's Car Free events. That's already about 5,000 more than the estimates from the two Sunday events last year.

Festival details

- London's next Car Free Fest will be noon to 11 p.m. on Sept. 17; and noon to 6 p.m. on Sept. 18.
- Admission is free.
- For details or to contact organizer Ryan Craven, click over to carfreefest.ca.

Community centre expansion completed

The expansion and modernization of the Byron Optimist Community Centre is complete. Building renovations included upgrades to the heating, ventilation and air-conditioning system, as well as the addition of new programming space and accessibility features. The $1.3-million project was funded by the three levels of government and a $10,000 contribution from the Byron Optimists Club. METRO

U.K. cops warn of bad cheques

Police are warning London retailers to be wary of fraudulent American Express travellers cheques. The cheques have been used in the Wellington Road retail areas METRO

Victim assaulted in home invasion

One man was sent to hospital with minor injuries after an attempted robbery in the east end early yesterday morning.

Shortly after midnight, three men entered a home on Egerton Street, one with a handgun. Police said they assaulted the victim and demanded cash. The victim was taken to hospital with minor injuries. AM980/AM980.CA

Riots rage a second day in London

Looting, arson, violence in wake of fatal police shooting Saturday
North London area smoulders

Police deployed extra officers on London's streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows, and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to host the 2012 Olympic Games. THE ASSOCIATED PRESS

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters, fires raged out of control and looters combed the area.
- Police said 26 officers were injured, and they made 55 arrests.

DAN KITWOOD/GETTY IMAGES

▶ A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.

▶ A rioter throws a burning wooden plank at police in Tottenham, north London, yesterday.

Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain — harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped-up the crackdown on the eve of Ramadan.
THE ASSOCIATED PRESS

News in brief

Underfed baby will live: Doctors

DADAAB, KENYA. Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled liked thin leather under the pressure of his mother's hands. Now doctors say the severely malnourished seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine.

It's a rare success story amid unimaginable misery for parents at the world's largest refugee camp. THE ASSOCIATED PRESS

Bomb hoax at Colosseum

ROME. A suspicious device that forced the evacuation of the Colosseum yesterday turned out to be a false alarm, Rome's mayor said.

The Colosseum was evacuated about an hour before the site was scheduled to close after tourists saw a suspicious device inside.

"It's a false alarm, a joke in bad taste," Rome Mayor Gianni Alemanno told Sky News 24.

He said the Colosseum would open today.

A bomb squad detonated the device —actually a tin can half filled with paint thinner, with two electrical wires running from a 9-volt battery, the news agency ANSA said.
THE ASSOCIATED PRESS

Family feud sparks shooting: Police

COPLEY TOWNSHIP, OHIO. Authorities said yesterday a family argument in Ohio ended in the shooting deaths of eight people in two places, including an 11-year-old. Another person was wounded.

Copley Township police Chief Michael Mier told Cleveland, Ohio-based WKYC-TV one person shot five people to death in location yesterday, then two more were killed nearby before police killed the shooter.
THE ASSOCIATED PRESS

Living high life, fasting longer at Ramadan

DUBAI, UNITED ARAB EMIRATES. Muslims living in the world's tallest tower will have to wait even longer to break their fast during the holy month of Ramadan.

Mohammed al-Qubaisi, Dubai's top Muslim cleric, said yesterday that Burj Khalifa residents living above the 80th floor should wait two additional minutes to break their dawn-to-dusk fast while those above the 150th floor must wait three extra minutes because they are able to see the sun longer than those on the ground.

The half-mile high tower has 160 habitable floors. THE ASSOCIATED PRESS

CIA secretly kept watch on Canada

During the Cold War, Central Intelligence Agency analysts pored over almost every available map of Canada, scrutinized Canadian mineral production, pondered Japanese interest in Alberta's tar sands, catalogued shipping trends and kept an eye on Canadian dealings with the Communist world, documents obtained through the U.S. Freedom of Information Act show.
THE CANADIAN PRESS

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News in brief

Bond scheme to aid Italy, Spain

DEBT CRISIS. The European Central Bank says it will "actively implement" a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the countries' budgets.

That could help Rome and Madrid fend off market trouble until a strengthened eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek bailout loans.

Responding to market pressure, Italian Prime Minister Silvio Berlusconi has promised to balance the country's budget by 2013, a year early.

THE ASSOCIATED PRESS

Democrat slams 'tea party downgrade'

U.S. CREDIT RATING. A senior political adviser to President Barack Obama blamed the downgrade of the U.S. credit rating on tea party Republicans, whom he said were unwilling to compromise on how to reduce the federal debt.

David Axelrod said yesterday that the decision by Standard & Poor's to downgrade the U.S. from AAA to AA+ was strongly influenced by weeks of standoff between Democrats and Republicans. He called the action "a tea party downgrade" brought on by lawmakers who were willing to see the country default to get their way. He also criticized Republican presidential candidates for not speaking up in favour of compromise.

THE ASSOCIATED PRESS

PM on tour to talk trade

- Visit includes Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal comes into effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries in the region.

"Harper had long been favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says, referring to a conversation with a senior Foreign Affairs official.

"PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 217.96 (12,162.17)	+ 0.15¢ (102.24¢ US)
Oil	**Natural gas**
+ 25¢ ($86.88 US)	1,000 cu ft $3.956 US (+ 1.5¢)
	Gold contracts $1,651.80 US (- $7.20)

ADRIAN WYLD/THE CANADIAN PRESS

▶ Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.

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PINNING THE TAIL ON THE EQUESTRIAN

URBAN COMPASS

JILL ELLIS
METRO LONDON

Rachel Hunt's got the world by the tail.

This young entrepreneur's new business venture offers commemorative jewelry made of horsetail hair.

A 19-year-old Londoner studying English and philosophy at Huron College, Hunt has turned her lifelong passion for horses into a thriving business. To help fund her university education, Hunt launched Cricket & Blue in June using $1,500 in startup money from the Summer Company program (funded by the provincial government) through the Small Business Centre.

> **"It's customary in the equestrian community to take part of the tail as a memorial to a beloved animal."**
> RACHEL HUNT

Having ridden since she was 12, Hunt got the idea for horsehair bracelets when two of her friends' equine companions died. "I wanted to do something to help them, so I thought of making them each a bracelet (of their horse's tail hair)," says Hunt. Those horses were named Cricket and Blue.

When Hunt was very young, she started making bracelets by braiding embroidery thread to entertain herself at the family cottage. Showing early business savvy, "I went to the stores and sold them there, at the general store."

Hunt's company offers two lines: custom and standard. For custom bracelets, clients mail their own horse's tail hair — at least 18 inches long and the width of a wide pencil — to her. The standard line offers bracelets made from hair that Hunt holds in stock.

The former are often sold to horse owners who have recently lost their animals. "It's customary in the equestrian community to take part of the tail as a memorial to a beloved animal," says Hunt. "Many people really like the idea of getting it (the tail hair) out of the closet and out where they can enjoy it."

She says some extra keen riders have bracelets made out the hair of horses they currently own and wear them when they aren't in the barn "just to keep that connection."

The standard line is popular with folks who love horses but don't have one of their own, and there are those who aren't even into horses but like the look.

Prices vary from $85 to $105, depending on the intricacy of the bracelet and the silver embellishments. Hunt uses sterling silver clasps, as she is allergic to other metals. It takes her about four hours to make each bracelet.

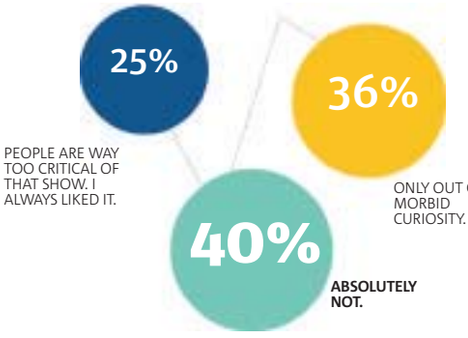
Hunt plans to increase her offerings by adding necklaces and earrings to the lineup, so you'll soon be able display equine love from your ears and around your neck, as well as on your wrist.

For more information: go to cricketandblue.ca or facebook.com/cricketandblue.

Contact Jill Ellis at londonurbancompass@metronews.ca

Register at metropolitanpanel.ca and take the quick poll

Will you be watching the Ashton Kutcher-led Two & A Half Men?



Local tweets

- **@avawillz:** Kind of weird that in 20 days ill be back in #ldnont #wheredidthesummergo
- **@kaitos_maid:** Contemplating a workout at #GoodLife for the sole purpose of creating an excuse for ice cream #ldnont
- **@mburt3:** Dirty dancing soundtrack while writing my last essay of my undergraduate degree. Next Sunday needs to hurry. #tobermory #uwo #kings
- **@ronnyxu:** #ldnont Jack Astors downtown. noon. (and a fair bit after i would expect). You don't HAVE to be Irish to drink early on Sundays anymore!
- **@CoffeeandCars:** Sooooo. What to do on a hot and nasty humid Sunday in #ldnont
- **@alex_vaiay:** Missing london and everyone in it. Like @JelenaBelieveIt. <3 #westernin21 #uwo
- **@SGArnold:** Just finished riding my bike downtown. First ride since knee and Achilles injuries. Felt good. Now time to shop at the market. #ldnont
- **@Frick156:** For those #ldnont , @Shell at Wellington/Exeter is selling 91 octane gas for same price as 87 octane. $1.26/lt.

Worth Mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal Cell.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is ingested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

TORSTAR NEWS SERVICE

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2 scene

HANDOUT

▶ Bryce Dallas Howard, seated centre, stars in The Help.

Howard needs no help

Despite her famous roots, Bryce Dallas Howard remains down to earth
Actress plays wealthy Mississippi socialite Hilly Holbrook in The Help

RICHARD CROUSE
SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the four-and-a-half month pregnant star of The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like Spider-Man 3, The Twilight Saga: Eclipse and Terminator Salvation.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's because a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler, who once had Tom Cruise as a babysitter and first acted at age seven as an extra in one of her dad's movies.

"I've always been kind of fascinated by that subject because while I have closely observed celebrity I have always felt apart from it because I was raised outside of Hollywood," she says.

"Recently because of reality television the notion of celebrity and what people are famous for is changing," she adds.

I mention stars that parlay sex tapes into a showbiz career and she nods.

"I think unfortunately that is defining our time. I've never actually had this thought before, but I think it would be interesting to look back in history and see who the most iconic individuals of that time period were and then look at now, and perhaps be a little bit horrified."

When I ask if fame is important to her personally she is quick to answer.

Howard on Holbrook

▶ "She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, Rise of the Planet of the Apes took in $54 million to open as the No. 1 movie. That was more than analysts expected for the Apes prequel, though well below the $68.5 million opening of Tim Burton's Planet of the Apes remake 10 years ago. The family tale The Smurfs remained at No. 2 for the second-straight weekend with $21 million, lifting its domestic total to $76.2 million. The sci-fi Western Cowboys & Aliens, which debuted at No. 1 narrowly ahead of "The Smurfs" a week earlier, fell to third with $15.8 million, raising its total to $67.4 million. The comedy The Change-Up opened a weak No. 4 with $13.5 million..

THE ASSOCIATED PRESS

Scan this code to find out if The Twilight Saga once again clawed the competition at last night's Teen Choice Awards.

Alexisonfire split after ten years

Juno Award-winning post-hardcore rockers Alexisonfire are splitting up after two members decided to leave the group in a break-up that frontman George Pettit says is "not really" amicable.

The St. Catharines, Ont., band announced their decision in a lengthy note posted to their website, written by Pettit. "After 10 years, Alexisonfire has decided to part ways," he wrote. "Was the break-up amicable? Not really. Was it necessary? Probably."

The band issued its self-titled debut album in 2002, and followed up with 2004's platinum-selling breakthrough Watch Out, a moody fusion of emo, metal and hardcore that won the group a passionate mass audience.

The group's third album — 2006's Crisis — opened in the top spot on the Canadian charts en route to platinum sales, while '09's Old Crows/Young Cardinals — which could now stand as their final full-length — opened at No. 2 and also sold briskly.

But as the band was gathering commercial and critical steam, singer/guitarist Dallas Green was winning just as much acclaim with his solo project, City and Colour.

Beginning with 2005's platinum-selling Sometimes, Green's project — which earned him two Junos separate from his work in Alexisonfire — also picked up momentum with each passing album.

His third album, Little Hell, debuted at No. 1 on the Canadian charts when it was released in June and has reached as high as the 28th spot on the U.S. Billboard chart. And Pettit said that Green privately revealed his intention to leave Alexisonfire almost a year ago due to the burgeoning success of City and Colour. THE CANADIAN PRESS

Hot ex-wrestler pins down George Clooney

From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely Pair plans to keep relationship private, says source

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds. METRO

ALL PHOTOS GETTY IMAGES

Stacy Keibler

George Clooney

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. METRO

The comeback trail ain't easy

MOVING ON AFTER HOUSE ARREST. Lindsay Lohan's plans for a big comeback with a role in the upcoming John Gotti biography aren't coming together as cleanly as previously thought, according to TMZ. "The producers of the film and Lindsay's representation have not yet worked out an agreement for her to appear in the movie," a source close to the producers says. Of course, deals haven't been inked for any of the stars involved, including Al Pacino and Kelly Preston. METRO

Lindsay Lohan

Celebrity tweets

@chriscolfer
"Just realized I may have more framed pictures of pets than socially acceptable..."

@SethMacFarlane
"Somehow a double-A credit rating seems more American anyway."

@EvaLongoria
"Today was the first time i parked in my reserved parking spot on Universal lot in 8 years!"

@katyperry
"u know it's gonna b a good show when someone brings u rainbow colored rice krispie treats."

Denise Richards

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." METRO

Amy's legacy goes beyond her music

Amy Winehouse's family is reportedly planning to turn her $4 million north London home into a rehab centre and the offices of the Amy Winehouse Foundation, according to the Sun.

"They don't want to rent it out and if they sold it they think it could attract the wrong kind of buyer as it was where Amy passed away," a source says.

"Everyone is united in making it a success — the label, her family, friends and management. (Her father) Mitch (Winehouse) has big plans and needs a nice environment where employees will be able to carry out their work properly." METRO

Amy Winehouse

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WIN
a family staycation!
Enter at clubmetro.com to win a Family Arctic Prize Package from the Children's Museum and a Family Staycation Package from the Best Western Lamplighter Inn. Valued at $650.
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3 life

You need this

Green Toys Tugboat

This bath toy is our new favourite, and not just because of the wide spout that allows kids to pour water all over the place. It's made from recycled milk containers and has no BPA or PVC coating. MWN

GREEN TOYS

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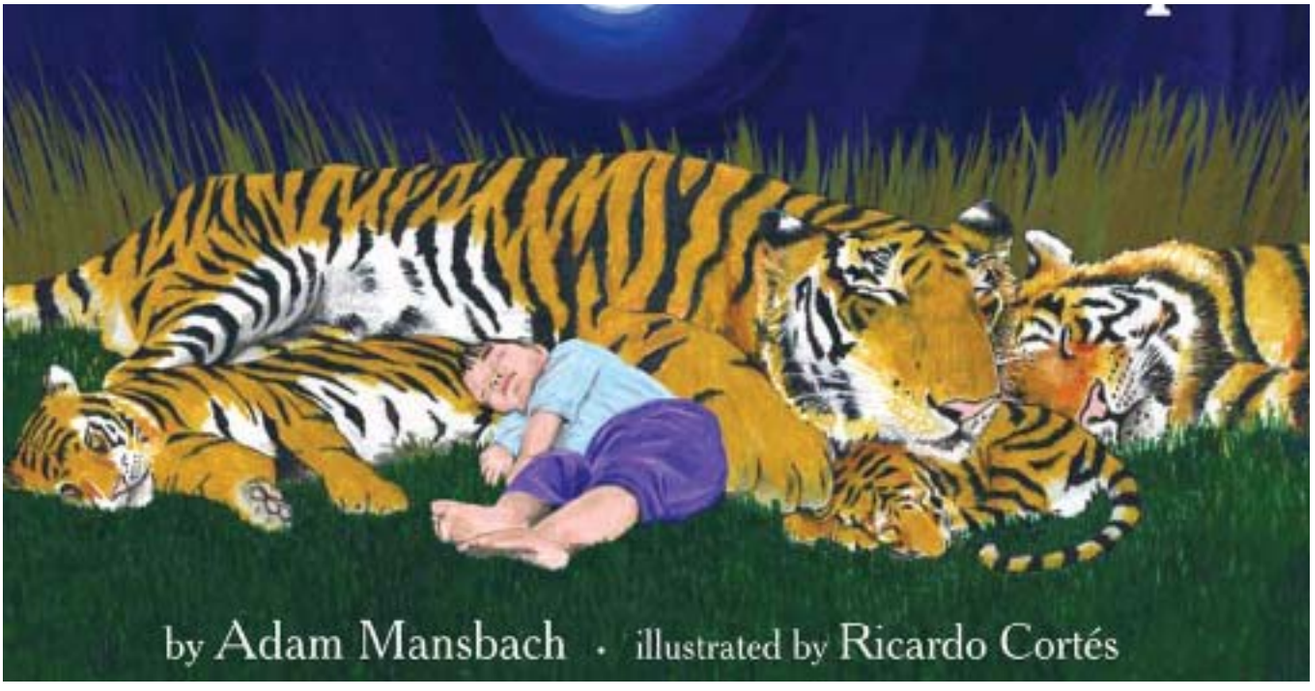
A new study shows

70%

... of babies who were breastfed exclusively had a lower incidence of sudden infant death syndrome, according to a report in Pediatrics. Researchers say a connection is likely based on their research, possibly because breast feeding boosts the baby's immune system. MWN

Quick, low-cost tests can accurately detect developmental delays in kids: study.



An honestly funny book

After it went viral online, the children's book Go the F— to Sleep became a bestseller — before it was even released Metro sat down with the author to talk about the sensation

DOROTHY ROBINSON
METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his — and most every other parents' — head and decided to set it to a poem.

He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book Go the F— to Sleep, is now the publishing success of the year.

Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published.

With 400,000 copies of the book in print, Mansbach is just as surprised as you are. Not to mention very, very sleepy.

Can you give our readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out.

It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow.

The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon.

The next morning, I thought to check it and before that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125.

I write novels — if they hover around the thousand mark when they're actually published, that's respectable.

So from that Amazon ranking, it just picked up.

Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord.

Then PDFs we had sent out to book-sellers leaked and they started ricocheting all over the Internet. I've talked to a bunch of people who told me they got the forward of the PDF 50 times. It was just all over in a crazy way.

Our favorite line

...from the book

"The cats nestle close to their kittens now.
The lambs have laid down with the sheep.
You're cozy and warm in your bed, my dear
Please go the f— to sleep."

People thought it was all part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders. But we just couldn't stop it. It was proliferating so fast.

Do you think anyone will actually read it to their baby?

I certainly hope not. I think getting the book and doing that are not mutually exclusive. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift.

People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

What will your second book be called? Shut Up You Little A—hole?

(Laughs) No. I don't see myself doing that one.

Well, are you doing a second book?

It's certainly tempting. But I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, 'Why don't you do Eat Your Fu—ing Vegetables?' And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book.

Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.

▶ Cortés, the illustrator.

MATTHEW L. KAPLAN

▶ Mansbach, the author.

Lemony summer pasta

This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

THE CANADIAN PRESS/ TED GIBSON

▶ This recipes makes four main dishes or six side dishes.

Preparation:

1. In a large skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.
2. Meanwhile, in a large pot of boiling salted water, cook pasta according to package directions or until desired doneness. Drain.
3. Add pasta to cream sauce in pan; toss to coat. Sprinkle with Parmesan and basil; toss to coat. Season with salt and pepper. Serve immediately.

THE CANADIAN PRESS/ CHEF PAUL ROGALSKI OF CALGARY'S ROUGE RESTAURANT FOR DAIRY FARMERS OF CANADA

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

Rose Reisman's Swap It

You'll be surprised at how innocent shakes and blasts appear, especially since you think you're saving calories by not having standard ice cream treats.

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Rocco DiSpirito's healthy fried chicken

The famed chef shares a recipe from his book Now Eat This! for Flash-Fried Chicken Carnitas with Lime, Avocado, and Red Onion Ceviche

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This dish takes only 25 minutes to make.

Ingredients:

- 1 small red onion, halved and thinly sliced
- 5 limes, divided
- Salt
- 2 l (8 cups) grapeseed oil
- 500 g (1 lb) boneless, skinless chicken thighs
- Ground black pepper
- 37 ml (2 1/4 tbsp) Goya Adobo seasoning, divided
- 2 egg whites
- 37 ml (2 1/2 tbsp) sweet Hungarian paprika
- 50 ml (1/4 cup) finely ground yellow cornmeal
- 175 ml (3/4 cup) whole-wheat flour
- 1 l (4 cups) chunked iceberg lettuce (5-cm/2-inch pieces)
- 16 cherry tomatoes, quartered
- 1/2 ripe Hass avocado, peeled and cut into 8 chunks
- 16 sprigs fresh cilantro

Preparation:

1. In bowl, place sliced red onion. With fine grater, zest skin of 1 lime over onion. Slice zested lime as well as three additional limes in half, then squeeze juice over onion. Add pinch of salt, then mix. Submerge onion in juice; use squeezed limes as a weight to push down onions sticking out of juice. Cover onion with a tight-fitting lid and refrigerate. Marinate onion in juice for as long as possible, at least 15 minutes or 3 days.
2. Pour oil into large heavy pot. There should be at least 5 cm (2 inches) of oil in pot. Clip deep-frying thermometer to the side of pot according to the manufacturer's directions. Set heat to medium and heat oil to 200 C (400 F). Do not cover pot.
3. Cut each chicken thigh into 4 to 5 even chunks. Arrange chunks on a microwave-safe plate and season both sides with pepper and 3 ml (1/4 tbsp) of the Adobo powder. Microwave on high for 1 1/2 minutes. Turn each piece of chicken over, then microwave on high until chunks are just cooked through, about another 1 to 2 minutes, depending on microwave. Let cool.
4. In bowl, place egg whites and beat with fork until just foamy, about 1 minute. In a separate wide and shallow bowl, combine remaining Adobo powder, paprika, cornmeal and flour. Add chicken pieces to egg whites and toss to coat.
5. One at a time, lift chicken pieces from egg whites and transfer to flour mix, turning each to coat thoroughly. Let chicken sit in one layer over flour mixture. Wash and dry hands thoroughly prior to assembling salad.
6. Place iceberg chunks in a bowl and add cherry tomatoes. Drain lime juice from onions (reserving juice) and add onion, dash of salt and 30 ml (2 tbsp) of the reserved lime juice to lettuce and tomatoes. Toss to dress. Divide salad among 4 serving plates. Divide avocado pieces among salads.
7. Working in 4 batches, fry chicken pieces in oil until deep golden brown, about 12 seconds. Using metal tongs, remove chicken from oil and transfer to plate with paper towels to drain any excess oil.
8. Divide chicken among salads, then top each with 4 sprigs of cilantro. Slice remaining lime into 4 wedges and serve one with each salad.

THE ASSOCIATED PRESS

Reading up on eco-friendly

Canadian firm making greener, better books Taking a look at how to ensure a future for readers

BEN KNIGHT
GREEN@METRONEWS.CA

ISTOCK PHOTOS

E-books and other digital platforms can pose environmental problems by using non-renewable resources.

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC), Scholastic has set some ambitious environmental standards. FSC paper is used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

"Printed books are a technology that will be with us for some time."

"The concrete, physical experience of a book remains important for young readers. Its tactile, visual and linear nature is perfectly suited to quiet sharing and learning, and the development of early literacy skills."

For more info, check out scholastic.ca.

Statistics

By the numbers

Purchases According to the most recently available census data, Ontarians spend an average of $50.16 a year on books (excluding school texts). That's a total of $610-million – more than double the total of any other province. By comparison, Prince Edward Island spends the least ($4.2-million).

BREAKING DOWN BIOPLASTIC PURCHASES

I recently bought a toothbrush made from bioplastic. Will it really break down in my backyard composter? *Erin of Vancouver, BC*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

It's possible, but I can't speak from experience.

Check the packaging to see if your toothbrush meets standards ensuring that it's certified as biodegradable and compostable.

You should notice a black and white logo with a leaf and an arrow that says "compostable."

This means it meets the Biodegradable Products Institute, or BPI, standards for compostability (ASTM 6400 D99 and ASTM 6868).

Some may also mention "European Bioplastics standards (EN 13432)."

In 1999, BPI created a certification program that requires the product to decompose within 60 to 180 days.

But that's in a commercial compost facility. So if your city has such a thing, and Vancouver does, you're in luck.

As for backyard composting, bio-resins will take longer to breakdown.

Compost bin conditions vary so much, but it will need to be hot.

If you experiment with the backyard composting option, let me know how it goes.

Most bioplastics are starch-based — made from wheat, corn or potatoes. Now, there are some concerns about corn because half of the corn grown in the U.S. is genetically modified.

Check the toothbrush manufacturer's website, since many are trying to use GMO-free crops.

Thanks for reducing plastic pollution and keeping plastics out of our landfills.

David Suzuki Foundation

Getting a biodegradable toothbrush isn't as easy as it sounds.

They've got nothing to wine about

Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

The accountant was blunt when Ken Fielding told him he was opening up a winery. "Are you mental? Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business visionary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Fielding Estate Winery is turning a profit, their wines are winning numerous awards and even the skeptical accountant is impressed.

As Ken prepares to hand the reins of the business over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick with it. A lot of people quit too soon."

From Subway sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

HANDOUT

Curtis and Ken Fielding toast their success.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than $100 million in wages and salaries
- The wine industry generates $533 million in retail sales (2010)
- More than 1 million people visit Ontario wineries every year
- 90 per cent of Ontario's grapes are grown in the Niagara Pennisula
- More than 15 million grape vines are planted in Ontario

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Restaurants stay close to home

PETER DOYLE
FOR METRO

Andreas Antoniou is passionate about fresh, local produce. His new restaurant in downtown Toronto, Estiatorio Volos, specializes in Greek cuisine made from fresh, local ingredients.

"Fresh equals flavourful," he says. "I also believe that a diet of fresh food is much healthier."

Volos is just the latest in a long list of restaurants, caterers and food services specializing in local produce. This growth comes as no surprise, given increased consumer demand for locally produced food.

Fresh local produce has long been featured on the menu of London's The Only on King. Over the years, co-owners and chefs Paul Harding and Jason Schubert have amassed a network of growers to supply a steady stream of tasty fruits, vegetables, herbs and meats.

The result is a dedicated clientele and a strong reputation: The Only on King was recently featured in Air Canada's En Route magazine and in the popular cookbook Cooking with Canada's Best.

The trend has also led to a number of collaborations among tourism agencies, food producers, restaurants and retailers. Savour Ontario is a partnership of public and private groups keen to promote Ontario food products.

For more information, visit savourontario.ca/

Summer Vegetable Salad

Ingredients:

- 1 head each broccoli and cauliflower
- 1 ear of corn
- 4 carrots
- 500 g green and yellow beans,
- 500 g shelling peas
- 2 large tomatoes
- 1 cup (250 ml) total of fresh chopped basil, parsley and chives
- 3 tbsp (40 ml.) extra virgin olive oil
- Juice of 2 to 3 large lemons
- Sea salt and freshly cracked pepper to taste

Preparation:

1. Chop vegetables into bite-size pieces and blanch in salted boiling water for three minutes. Transfer to a bowl of ice water, drain and combine in large mixing bowl.
2. Add herbs, lemon juice and extra virgin olive oil, and salt and pepper to taste.
3. Mix well and serve at room temperature. Serves 6-8.

SOURCE: The Only on King and appears in the book Cooking with Canada's Best.

ISTOCKPHOTO/THINKSTOCK

▶ Shelves and bins at farmers' markets are filled with local fruits and vegetables that are fresh and full of flavour.

Nothing beats farm-fresh produce

YLVA VAN BUUREN
FOR METRO

There's nothing like the taste of fresh, local food and nobody knows it better than Lynn Ogryzlo, a food and wine writer and author of The Ontario Table (Epulum Books, $29.95).

Of course, weather always is a factor on the farm. "For example, tomatoes are pretty hardy but they're also sensitive to a lot of rain. Some farmers lost their tomatoes with all of the rain we had in the spring. But the tomatoes that survived, oh my gosh, they're absolutely phenomenal right now!"

Being the middle of summer, says Ogryzlo, the tomatoes are just starting along with sweet corn, peaches, eggplant and peppers. "There's also cabbage and beets, which are coming on earlier and earlier with new varieties, but especially this year because of the heat. Everything is just hopping all of a sudden."

The shelves at the market at Barrie Hill Farms in Barrie, Ont., are filled with green and yellow beans, cantaloupes, tomatoes, new potatoes, pickling cucumbers, fresh dill and blueberries. "They're all in season right now," says owner Morris Gervais.

Further north in the province, you're seeing wild blueberries at roadside stands.

Why buy local? A lot of people believe it's a safer source of food, and there's nothing more transparent than local fruit and vegetable.

"I mean, you can meet the guy who grows the food," says Ogryzlo.

Other people say local tastes fresher and better; and it also benefits the environment to buy local.

Lifestyle is also a motivator. Increasingly, there are special farm lunches and meals in the country where you dine on local foods and meet the farmers who grew it.

While you want to enjoy all these fresh foods by eating them soon after you buy them, "more and more people are preserving in order to increase the amount of local food they eat, too," says Gervais, who runs a large pick-your-own blueberry operation.

To freeze blueberries, roll them out onto a cookie sheet, freeze and then pour into a freezer bag. Store in the freezer until a snowy day in December … then enjoy the taste of summer.

For more information, check out the availability guide from Foodland Ontario at foodland.gov.on.ca/english/availability.html.

Trend helps local communities

The popularity of the buy local trend continues to grow in Ontario. Although its precise origins are rather murky, the trend involves buying products that originate near the point of sale.

Many factors contribute to the trend's popularity: A desire to see local merchants and communities prosper, for instance. The benefits of buying local are most obvious with food products.

Nothing beats farm-fresh produce, after all.

There's even a word to describe converts to movement: Locavores.

Locavores, along with regular folk who prefer fresh produce, are responsible for the remarkable popularity of local farmers' markets across Ontario. According to the independent association Farmers' Markets Ontario, the province's 160 farmers' markets generate nearly $700 million in sales annually.

Many buy local advocates link farmers' markets with health and social benefits. The markets enable consumers to meet farmers and learn about how foods are produced, for example, and about organics, pesticides and herbicides. The markets also promote a sense of community — neighbours buying from neighbours. ● PETER DOYLE

When to go

- **Western Fair** (800 King St., Saturday mornings)
- **Masonville** (Fanshawe and Richmond, Friday and Saturday mornings)

Caddie. Smacked

▶ Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoice in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it "the best win of my life." THE ASSOCIATED PRESS

Junior judgment underway

Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

"You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate," Hay said. "For us, we have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October."

"At this tournament, we're going to take the players who are playing really well going into it."
HOCKEY CANADA HEAD SCOUT KEVIN PREDERGAST

After a run of five straight gold medals from 2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.
THE CANADIAN PRESS

Contreras makes history at Woodbine

Luis Contreras has the unofficial Canadian Triple Crown.

Contreras rallied Pender Harbour to a win by a nose in the $500,000 Breeders Stakes turf race yesterday afternoon at Woodbine Racetrack. It was a historic win for Contreras, who became the first jockey to win all three Canadian Triple Crown events with two horses. THE CANADIAN PRESS

Bochy decries 'racist' comment

Giants manager Bruce Bochy has criticized a nationally syndicated radio host for what he says is a "racist" comment about San Francisco reliever Ramon Ramirez.

Radio host Tony Bruno referred to Ramirez as an "illegal alien." He also called Bochy a "coward" in a Twitter post following Friday night's benches-clearing brawl between the Phillies and Giants. The mayhem came after Ramirez plunked Shane Victorino in the back in the sixth inning of the Phillies' 9-2 victory.

Bruno later deleted his tweet and apologized on his Facebook page.

Ramirez is from the Dominican Republic. He said yesterday he is in the U.S. legally and wouldn't be able to work in the major leagues otherwise.
THE ASSOCIATED PRESS

4 sports

Quoted

"Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity."
LANGLEY, B.C.'S BRETT LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE YESTERDAY.
LAWRIE MADE HIS MLB DEBUT FRIDAY AGAINST THE ORIOLES AND DURING A MEMORABLE SERIES GOT HIS FIRST BIG-LEAGUE HIT, HIS FIRST HOME RUN AND HIT .455.

Scan code for more sports.

Our home and native courts

Four Canadian women and two men will have home court advantage and plenty of fan support at Rogers Cup

MATTHEW LEWIS/GETTY IMAGES

▶ Rebecca Marino will be one of six Canadians in Rogers Cup competition.

Canadian tennis players at the Rogers Cup might not be household names, but one of the tournament's directors says the benefit of playing on home soil could be a great equalizer.

Qualifying wrapped up yesterday for the event that will have the draws played simultaneously for the first time, with the women competing in Toronto and the men in Montreal.

Four Canadian women and two men are sprinkled throughout the lineup, but the country's biggest tennis star won't be in action as Milos Raonic continues to recover from hip surgery.

Despite Raonic's absence, Toronto tournament director Karl Hale says tennis enthusiasts can expect a good showing from the homegrown talent.

"The Canadian players are right up there with the stars when they're playing (at the Rogers Cup) because they have all the fan support behind them," Hale said yesterday.

Fichman out

Sharon Fichman failed to advance to the main draw of the Rogers Cup yesterday, falling 6-3, 6-1 to Simona Halep of Romania in the final round of rain-delayed qualifying at Rexall Centre in Toronto.

▶ Fichman, ranked 187th in the world, started strong yesterday, leading 2-0 in the first set before Halep broke her serve three times.

Canada's best hope might lie with Rebecca Marino. The 20-year-old from Vancouver is ranked 41st in the world and takes on Ekaterina Makarova in the first round. A win there would set up a match with eighth-seeded Francesca Schiavone.

"We think (Marino) has a really strong upside, so we hope she can get through that match and go a long way in the tournament," Hale added.

Defending champion and No. 1 seed Caroline Wozniaki headlines a wide open women's field along with Kim Clijsters, Maria Sharapova, Li Na and Venus and Serena Williams. In all, the top 20 players on the WTA tour will be in Toronto. THE CANADIAN PRESS

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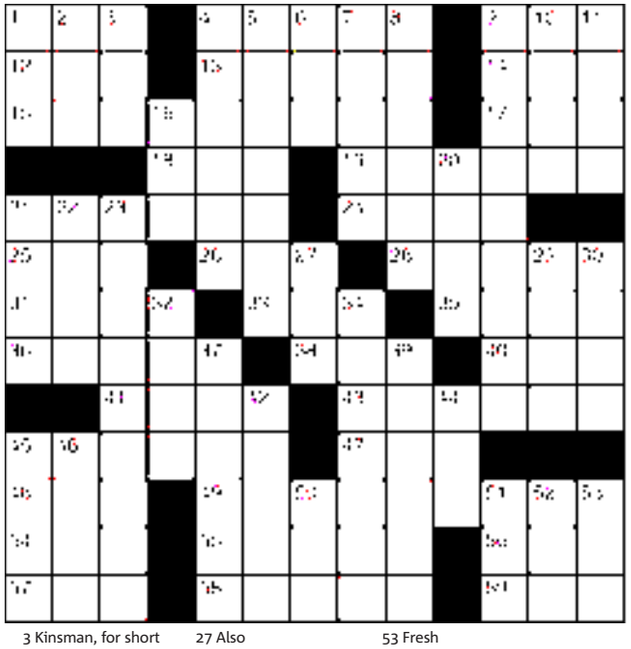
Crossword



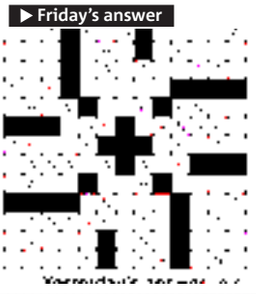
Across

1 Bar bill
4 Perspire
9 Use a crowbar
12 Knight's address
13 Actress Berry
14 Fish eggs
15 Alternative to a jail term
17 Eggs
18 Rhyming tribute
19 Vacuum brand
21 Salt companion
24 Opposed to
25 "— Town"
26 Congeal
28 Cord fiber
31 Cattle drive tool
33 Pooch
35 Location
36 Couches
38 Sphere
40 End for ball or bass
41 Western state
43 Basketball's Mr. Mourning
45 PBS "Street"
47 Extinct bird
48 Spoon-bender Geller
49 Raise accompaniment, often
54 Id counterpart
55 Bounded along
56 That girl
57 Boxing promoter King
58 Contest submission
59 Cut the grass

Down

1 Recipe meas.
2 Atmosphere
3 Kinsman, for short
4 Sunglasses
5 Irrigated
6 Inventor Whitney
7 Hawaiian greeting
8 Mortises' mates
9 Conditional stipulation
10 Wander
11 365 days
16 Jazz style
20 Elevator name
21 Bursts
22 Modern-day money
23 Lavish supply
27 Also
29 The gamut
30 Letterman rival
32 Information
34 "Frasier" star Kelsey
37 Taste
39 Sanguinary
42 Egret's cousin
44 Cheerios ingredient
45 Took to court
46 Therefore
50 Choose
51 Doctrine
52 Discoverer's call
53 Fresh

▶ Friday's answer



Sudoku

6			2	3	7			9
					8	3		
	8	3	5			2		
2	6		1		5	9		8
3								5
7		5	3		9		4	2
		6			1	5	2	
		9	7					
8			6	4	2			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Abiw, Te extrano mucho siempre. You are the love of my life and I cannot wait to see you in less than 5 days! You are amazing, and worth the wait. No matter how far and how long the distance, I love you forever. I can't wait to be your wife! xoxoxo, tu amor.
TANS

Mi linda BB! My sister and bestfriend, in less than a week we will be in the DR for your beautiful destination wedding. I wish you infinite happiness and blessings. I am proud of you in every way. TQM Pelotita!
BB

So how is Ottawa treating you these days? Miss you and hope to see you soon in Calgary. cheers..))
FROM ONE WHO HAS CRUSH ON YOU

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.

♊ Gemini May 22-June 21 Love and laughter are what you need most.

♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them around.

♌ Leo July 23-Aug.23 No one expects you to be perfect, so don't expect it of yourself.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.

♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.

♓ Pisces Feb. 19-March 20. If you let your heart rule your head today there is a danger you could lose out financially.

SALLY BROMPTON

Caption contest

THE SOUTHWEST TIMES RECORD, KAIA LARSEN/ AP

PAUL CHIASSON/THE CANADIAN PRESS

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Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits – when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."

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Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.

1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
2. Offer available for one year when you open a new *Powerchequing*® account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the *Powerchequing* account, including access fees to use non-Scotiabank banking machines (e.g. Interac®, VISA® or PLUS® fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
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Luz Galindo
Scotia advisor

"Luz helped open the door to my credit history in Canada."

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[2]Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA* card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card for Foreign Workers requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NB, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to financing Scotiabank terms and conditions. Downpayment required.